

friendly personnel. Although his helicopter was damaged, he continued his approach and then hovered for twelve minutes, despite threat of immediate and renewed attack, until the personnel were hoisted aboard. For his heroic service, Major Helm earned the Distinguished Flying Cross and the government of the Republic of Vietnam awarded him the Gallantry Cross with Palm.

Upon retirement, Walter and Janet visited many countries to experience their cultures, and he encouraged his daughters to learn about the needs of people in distant lands. They gave generously to their community through various charitable organizations. America, he believed, was a great country and one individual, whether in the armed services or as a private citizen, could make a difference through many forms of service.

On June 1st, at the moment when the bugler's solemn farewell is heard by mourners, America will realize that yet another patriot has passed. In war and peace, he set the standard for character, faith and dedication to family and our nation.

Mr. Speaker, this nation is not mighty or just because of its laws or force of arms, but rather because men and women of character quietly dedicate their lives to our common good. Walter Helm was such a man, and our nation is forever grateful that he led his life with courage and honor so that we might live in peace and justice for generations yet to come.

RECOGNIZING THE 50TH ANNIVERSARY OF CARONDELET HIGH SCHOOL

HON. MARK DeSAULNIER

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Monday, May 23, 2016

Mr. DeSAULNIER. Mr. Speaker, I rise to recognize the 50th anniversary of the founding of Carondelet High School located in my congressional district in Concord, California. Carondelet High School has served thousands of Contra Costa County's brightest young women during its long and successful run.

Since its founding in 1965 by three Sisters of St. Joseph and three lay women, it has been the only all-women's high school in Contra Costa County and one of just a handful in the San Francisco Bay Area. As such, it is an important part of the East Bay community.

Carondelet High School's mission statement—To inspire excellence by preparing young women to live with heart, faith and courage in the Catholic tradition and spirit of the Sisters of St. Joseph—reflects their long-standing tradition of providing young women with a 21st Century education grounded in values that are critical to our community.

Congratulations to the Carondelet High School family on a successful first 50 years of service to your students and the community.

AMIN DAVID

HON. LORETTA SANCHEZ

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Monday, May 23, 2016

Ms. LORETTA SANCHEZ of California. Mr. Speaker, on Saturday, May 21, 2016, Orange

County lost an outstanding citizen who was a shining example of citizenry and advocacy. After months of battling lymphoma Mr. Amin David died in his Anaheim home at the age of 83.

Mr. David was born in the state of Chihuahua, Mexico, and came to California where he became a U.S. citizen. In 1978 he helped found Los Amigos of Orange County, a group that tackled issues such as policing, civil rights, education, and public safety. Their motto was "Nos gusta ayudar," which translates to "We love to help." And that is what Mr. David did, helping everyone from all walks of life and with any problem, big or small. To this day Los Amigos of Orange County continues to have its weekly Wednesday meetings.

Mr. David was known in Orange County as an incredible activist for Latinos and other marginalized communities. He stood tall for the voiceless and stood against prejudices like Islamophobia and anti-Semitism. Mr. David was a human rights defender through and through.

In 1971 Mr. David became the chair of the Orange County Human Relations Commission and in 1977 was the first Latino appointed to the Anaheim Planning Commission. He was also a founding member of the Orange County Communities Organized for Responsible Development and Orange County Community Housing Corporation.

Mr. David was an active member of the Anaheim police chief's advisory board and throughout his life made it his mission to advocate for Latinos and change the way police interacted with communities of color.

Mr. David is survived by his wife and four children. His passing is a great loss for Orange County, but his legacy and accomplishments will live on in our community.

RECOGNIZING OLDER AMERICANS MONTH AND DIABETES AWARENESS

HON. JOYCE BEATTY

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

Monday, May 23, 2016

Mrs. BEATTY. Mr. Speaker, as our nation marks Older Americans Month this May, it is critically important that we raise awareness about the challenges that face our nation's older adults and how we can work together towards solutions.

Today, older Americans are living longer than ever.

Unfortunately, more seniors are also developing chronic illnesses.

Among the most prevalent of these illnesses is diabetes.

The Centers for Disease Control estimates that 11.2 million Americans over the age of 65 are living with diabetes.

Diabetes is a costly medical condition/disease that can lead to heart disease, blindness, kidney disease, amputations, and even death.

This is especially true in Ohio, where, according to 2013 data from the Ohio Behavioral Risk Factor Surveillance System, it is estimated that 10.4 percent of the State has diabetes, exceeding the national average of 9.3 percent.

Nationally, one out of five older Americans with diabetes have vision problems, and peo-

ple with diabetes over age 75 are twice as likely to visit the emergency room for low blood sugar.

Diabetes is especially acute for African American adults who are 80 percent more likely than non-Hispanic white adults to be diagnosed with this disease.

Medicare spends one out of every three dollars on people with diabetes.

We owe it to our nation's seniors to improve diabetes prevention, detection, and treatment.

As a member of the Congressional Caucus on Diabetes, I am proud to work to advance legislation such as the Medicare Diabetes Prevention Act of 2015, H.R. 2102; the Minority Diabetes Initiative Act, H.R. 4209; and the National Diabetes Clinical Care Commission Act, H.R. 1192, to help curb the effects of diabetes.

Congress must make diabetes prevention and care a priority and enact legislation that would improve the health and well-being of all of our nation's seniors.

RECOGNIZING BILL SPURGIN FOR 50 YEARS OF TEACHING

HON. LAMAR SMITH

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Monday, May 23, 2016

Mr. SMITH of Texas. Mr. Speaker, today I want to recognize one of my constituents who has dedicated his career to education. Bill Spurgin will retire at the end of the 2015–2016 school year after having taught for 50 years. Mr. Spurgin has spent his entire career teaching in the Blanco Independent School District.

I have long considered teaching to be one of the most honorable professions in America. And there is nothing more valuable to a student than a great teacher. Mr. Spurgin's career is a testament to his dedication to education and his commitment to Blanco ISD.

Mr. Spurgin came to Blanco ISD in 1966 as a business teacher. He has taught at three separate locations in Blanco and has worked with eight different principals and six superintendents. In appreciation for all Mr. Spurgin has done, the lives he has shaped, and his commitment to education, I join all of his family, colleagues, and students, past and present, in congratulating him on his outstanding career.

REMEMBERING THE LIFE OF ANTHONY "TJ" FREEMAN

HON. AUSTIN SCOTT

OF GEORGIA

IN THE HOUSE OF REPRESENTATIVES

Monday, May 23, 2016

Mr. AUSTIN SCOTT of Georgia. Mr. Speaker, today, I join my constituents in Middle Georgia in remembering Anthony "TJ" Freeman, who tragically passed away in the line of duty, protecting the people of Macon-Bibb County.

TJ was an investigator who served with the Bibb County Sheriff's Office for seven years after joining the Macon Police Department in 2009. TJ has been described as a hard-working family man, a friend, and someone who was always striving to be better for his